Supplemental Digital Content 1. Risk of bias assessment – Randomized controlled trials

Study, Year, PMID	Random Sequence Generation	Allocation Concealment	Blinding of Participants	Blinding of Personnel/ Care Providers	Blinding of Outcome Assessors (Objective Outcomes)	Blinding of Outcome Assessors (Subjective Outcomes)	Incomplete Outcome Data	Selective Outcome Reporting	Other Bias	Eligibility Criteria Prespecified and Clearly Described	Intervention Clearly Described and Consistently Delivered	Outcomes Prespecified, Clearly Defined, Valid, Reliable, and Consistently Assessed	Overall RoB
Brorson 2020a, 32807615	Low	Low	High	High	High	N/A	High	Low	Low	Yes	Yes	Yes	**High**
Tallroth, 2020, 33436336	Unclear	Unclear	High	High	Low	Unclear	Low	Low	Low	Yes	Yes	Yes	**Moderate**

From the Cochrane Risk of Bias Tool (each item rated as Low, High, Unclear, or N/A [not applicable])

- Random sequence generation (selection bias): Selection bias (biased allocation to interventions) due to inadequate generation of a randomized sequence.
- Allocation concealment (selection bias): Selection bias (biased allocation to interventions) due to inadequate concealment of allocations prior to assignment.
- Blinding of participants (performance bias): Performance bias due to knowledge of the allocated interventions by participants during the study.
- Blinding of personnel/care providers (performance bias): Performance bias due to knowledge of the allocated interventions by personnel/care providers during the study.
- Blinding of outcome assessor (detection bias): Detection bias due to knowledge of the allocated interventions by outcome assessors during the study.
- Incomplete outcome data (attrition bias): Attrition bias due to amount, nature, or handling of incomplete outcome data.
- Selective outcome reporting (outcome reporting bias): Bias arising from outcomes being selectively reported based on the direction and/or strength of the results.
- Other Bias: Bias due to problems not covered elsewhere in the table.

From the National Heart, Lung, and Blood Institute (NHLBI) Quality Assessment Tool (each item rated as Yes, No, or Unclear)

- Eligibility criteria prespecified and clearly described: Potentially related to selection bias.
- Intervention clearly described and delivered consistently: Potentially related to performance bias.
- Outcomes prespecified, clearly defined, valid, reliable, and assessed consistently: Potentially related to detection bias.

Overall risk of bias assessed as **HIGH**, **MODERATE**, or **LOW.**